

# Among Friends



April 2016



SENIOR SERVICES  
COUNCIL ON AGING  
1130 Main Street  
Holden, MA 01520  
Tel.: 508-210-5570  
Trans.: 508-210-5573  
Nutrition: 508-210-5578



*The mission of the Holden Council on Aging is to assist seniors and their families by providing services and activities that will enable them to stay independent and living in their own homes for as long as possible.*

## HCOA BOARD

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Wayne Howard  
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## TELEPHONE NUMBERS

Senior Center 508-210-5570  
Transportation 508-210-5573  
Dining Site 508-210-5578  
& Lunch Reservations  
Veterans' Agent 508-210-5529  
Fax 508-829-0214

## HOURS

Monday through Friday  
8:00 a.m. to 4:00 p.m.

## Annual Senior Prom



*The annual Senior Prom sponsored by the WRHS Honor Society and Friends of HCOA will be held on **Thursday, April 28** from **5:00-8:00 p.m.** at the high school. This year's theme will be "Cinderella: Have a Ball at the Dance." To reserve your seat for this delightful dinner/dance, please call 508-210-5570. Reservations are **REQUIRED** and should be made by Thursday, April 21.*

## A VISIT TO THE CANYONLANDS

Enjoy a program, The Canyonlands: Not Just a Walk in the Park by photographer Gail Hansche. The program includes beautiful images of the great Southwest accompanied by music and narration. Learn about the north rim of the Grand Canyon and the unique animals that live there. See the fairyland spires of Bryce Canyon and the red rock formations that abound in Southern Utah. Experience the slot canyons of Grand Staircase-Escalante National Monument and the dangers of hiking in remote desert areas. The program is free, open to all and will be held on **Wednesday, April 6** at **1:00 p.m.** To reserve your seat, please call 508-210-5570.



## Volunteers - A Special Event in Your Honor

*The Holden Council on Aging will be honoring our Volunteers with a home-cooked brunch on **Wednesday, April 27** at **11:00 a.m.** catered by Toupin's Catering. If you have volunteered at the Senior Center from January 1-December 31, 2015 in any capacity, such as but not limited to: Meals on Wheels Drivers; Meal Site Volunteers; Outreach Volunteers (friendly visitors, book express, food pantry); Pen Pals; Office Workers; COA or Friends Board Members; if you volunteer at big events for either the Senior Center or the Friends; if you run games or fill any other volunteer position, you are cordially invited to attend. To make your reservation, please call Maureen at 508-210-5570 by Wednesday, April 13. Reservations are **required**.*



**The Senior Center will be closed  
on Monday, April 18 in observance  
of Patriots Day.**





# UPCOMING TRIPS



**Mon., April 18... Foxwoods Casino ...** Package includes Buffet **or** a \$10.00 lunch coupon plus a \$10.00 gambling voucher. Bus will leave at 8:30 a.m. and return at approximately 5:00 p.m. Cost of the trip is \$25.00 per person which includes package, transportation and driver's gratuity. We require 40 participants in order to have the trip go. **Payment due at time of reservation.**



**Wed., May 18 ... Billy Joel & Elton John Tribute Show ...** Beginning in 1994, Billy Joel & Elton John toured on a series of "Face to Face" tours, making them the longest running & most successful concert tandem in pop music history. During these shows, the two played their own songs, each other's songs & performed duets. Elton John & Billy Joel tribute artists Greg Ransom & Mike O'Brien have joined forces to create the Ultimate Tribute Show "Face to Face." Just like the original tour, each artist performs a solo set with a five to six piece Rock N Roll band & then culminates the show with a Face to Face set which features both of them playing together on two pianos trading off lyrics on each song they perform. Our show is a day of hit songs, energetic performances, outrageous costumes, & true Rock N Roll at its finest! Nominated as the best tribute show in the country, this is a show not to be missed! Luciano's on Lake Pearl in Wrentham will offer the meal choices of: Boneless Breast of Chicken or Fresh Baked Scrod. Also included in lunch: Tossed Garden Salad, Rolls, Bread, Vegetables, Potato, Dessert; Coffee/Tea. Cost of this trip is \$89.00/person which includes luncheon; show; transportation and driver's gratuity. Departure & return times TBD. **Payment due at time of reservation.**



**Mon., June 13 ... Boston Ducks! ...** Depart 8:30 a.m. on your luxury Silver Fox Coach & travel to Boston, The "Home of the bean & the cod." On arrival you will tour the Boston Common where you'll view the beautiful Public Gardens. A full course luncheon is included at Boston's famous "No Name" Restaurant, located right on the Fish Pier. You'll see fishing vessels bringing in their catch! Then you'll take a narrated tour on one of the famous Boston Ducks, amphibious vehicles formerly used by the U.S. Army. Your narrator will point out all of the Boston sights & you'll actually take a plunge into the Charles River for a brief cruise. If it looks & swims like a duck - then it must be a Boston Duck! Arrival home is expected at 5:30 p.m. with fond memories of your ducky Boston day. \$89.00/person includes Boston Duck Tour & Cruise; Boston Common Visit; Luncheon at the No Name Restaurant (Choose Entrée Off Menu: Including Broiled Swordfish, Haddock, Chicken, Salmon & More); Luxury Silver Fox CD/DVD Motor Coach.



*If you are interested in any of our trips or if you have questions, please call 508-210-5570.*

**All trip payments are due at time of reservation.** *If trip is cancelled due to low interest, your money will be refunded. Remember ~ if we don't lose it, you don't lose it!!*

**WHEN ARRIVING FOR ANY TRIP, PLEASE PARK AS CLOSE TO THE BALL FIELD AS POSSIBLE, as we have other events taking place at the Senior Center during the day.**

## FROM THE FRIENDS...

Our Morning Glory Café is going strong! However, we could use your help. If you have time to bake for the café, we'd appreciate it. Also, we are planning on selling American Girl Doll clothes at our November Fair. If you have a pattern you are willing to share, or perhaps you've made some and would be willing to donate them for sale, please bring them to the Senior Center and leave them for Paula or Marcia. Thank you.



## VETERANS MEETING



We invite ALL veterans to join us on **Friday, April 8 at 10:30 a.m.** for our Veterans meeting. Don MacKay will be here to talk about PT Boats. If you'd like to attend the meeting, please call 508-210-5570 to register.

## SHINE COUNSELOR

**Monday, April 4 and Monday, April 25  
BY APPOINTMENT ONLY**



## APRIL YOGA THEMES!



The month of April brings us showers, spring cleaning and Earth Day. Let's shake off the winter & connect to nature with Yoga! This month's topics will be: **April 5 & 7** – Yoga and Affirmations; **April 12 & 14** - Yoga to Cleanse and Release (April showers/spring cleaning); **April 19 & 21** – Earth Day Yoga - Yoga and Nature - Grounding; **April 26 & 28** – Earth Elements in Yoga (earth, air, water, fire). We welcome you to join one or both classes. Tuesday's class is at 2:30 and Thursday's class is at 1:15. Cost for yoga classes is \$2.00/class and is partially subsidized through a grant from the Executive Office of Elder Affairs.

## POWERFUL TOOLS FOR CAREGIVERS

(A 6-week Educational Program for Family Caregivers)



**Powerful Tools for Caregivers** is a class designed to provide you-the family caregiver-with the skills you need to take care of yourself. You'll learn to: 1) Reduce stress; 2) Improve self-confidence; 3) Balance your life; 4) Better communicate your feelings; 5) Increase ability to make tough decisions; 6) Locate helpful resources. **When:** *Thursdays, April 7, 14, 21, 28, May 5 and 12*; **Time:** 1:30-3:30 p.m.; **Location:** Holden Senior Center; **Cost:** Attendance is **Free** but \$25 covers the cost of the Caregiver Help-book. Any contribution is gratefully accepted - no one will be denied attendance if unable to pay. **Registration and Info:** Please call Debbie Dowd-Foley at Elder Services of Worcester Area, Inc. at **508-756-1545**.

## YOU'RE INVITED TO TATNUCK PARK

You are invited to Tatnuck Park Assisted Living for a tour and lunch on **Tuesday, April 19 at 12:30**. Transportation is available round trip from the Senior Center. You also may drive yourself - the address is 340 May Street, Worcester. By attending you will be entered in a drawing to win a \$25.00 gift card to Dunkin' Donuts. You **must** register in order to attend by calling Tatnuck Park at **508-755-7277 by April 14**. When you register, be certain to tell them if you require transportation.



## THE SILVER MOON GYPSIES



Join us on **Monday, April 25 at 1:00 p.m.** as we welcome the Silver Moon Gypsies for your entertainment pleasure. The Silver Moon Gypsies are a very talented group of ladies ranging in age from 61 to 82. This group of belly dancers believe that staying active and having fun are the keys to remaining forever young. They have performed at hundreds of events, at senior centers and senior residences over the years. The program is free and open to all. Please make your reservation by calling 508-210-5570.

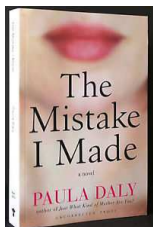
## ATTENTION VAN CLIENTS

Just a reminder to our van clients - the transportation phone line is very busy, so if you call Mary and don't receive an answer, **please leave her a voicemail**. She will return your call as soon as humanly possible. Our goal is to give each of you the time and service to which you are entitled. Leaving her a voicemail will enable us to provide that level of service. Thank you.



## BOOK DISCUSSION GROUP

The book discussion group will meet at **10:00 a.m.** on **Thursday, April 21** to discuss the book *The Mistake I Made* by Paula Daly. Single mother, Roz has reached a breaking point. After the dissolution of her marriage, Roz's business has gone under, debts are racking up, the rent is late (again), and she's struggling to provide for her 9 year old son, who is starting to misbehave in school. Roz is in trouble, real trouble. When Roz returns home from work one day and finds an eviction notice, she knows that it's time for action - she has two weeks to find a solution otherwise they will be kicked out of their home. Increasingly desperate, Roz doesn't know where to turn. Then the perfect opportunity presents itself. At her sister's fortieth birthday party, Roz meets Scott Elias - wealthy, powerful and very married. But the impression Roz leaves on him is indelible. He tracks her down and makes Roz an offer to spend the night with him - for money. He wants no strings attached intimacy and can guarantee total discretion. Could it be as simple as it sounds? With that kind of cash, Roz could clear her debts and get her life back on track. But as the situation spirals out of her control, Roz is forced to do things she never thought herself capable of. Can she ever set things right again?







# APRIL 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE</b>	<b>THE SILVER MOON GYPSIES</b> <b>Monday, April 25</b> <b>at 1:00 p.m.</b> 	<b>A VISIT TO THE CANYONLANDS</b>  <b>Wednesday, April 6</b> <b>at 1:00 p.m.</b>	<b>Annual Senior Prom</b>  <b>Thursday, April 28</b> <b>5:00-8:00 p.m.</b> <b>at Wachusett Regional High School</b>	<b>1</b> 8-4:00 Billiards 8:30-10:30 <b>Morning</b> <b>Glory Cafe</b> 10:00 Poker 12:00 Senior Lunch <b>Stuffed Shells</b> 1:00 Cribbage 1:15 Spring Chicken Fitness
<b>4</b> <b>SHINE by Appt. Only</b> 8-4:00 Billiards 12:00 Senior Lunch <b>Beef Burgundy</b> 1:00 <b>Friends Meeting</b>	<b>5</b> 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Chicken w/Asparagus</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	<b>6</b> 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <b>American Chop Suey</b> 1:00 Pitch Party 1:00 <b>A Visit to the Canyonlands</b> 	<b>7</b> 8:00 HCOA Meeting 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Beef w/Peppers &amp; Onions</b> 1:00 Bridge 1:00 Gentle Chair Yoga	<b>8</b> 8-4:00 Billiards 8:30-10:30 <b>Morning</b> <b>Glory Cafe</b> 10:00 Poker 10:30 <b>Veterans Meeting</b> 12:00 Senior Lunch <b>Alaskan Salmon w/Dill</b> 1:00 Cribbage 1:15 Spring Chicken Fitness
<b>11</b> 8-4:00 Billiards 12:00 Senior Lunch <b>Lemon Thyme Chicken</b>	<b>12</b> 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Beef w/Jardiniere Sauce</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	<b>13</b> 8-4:00 Billiards 9:00 Tai Chi 12:00 <b>Herb Roasted Pork</b> 1:00 Pitch Party	<b>14</b> 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Spaghetti &amp; Meatballs</b> 1:00 Bridge 1:00 Gentle Chair Yoga	<b>15</b> 8-4:00 Billiards 8:30-10:30 <b>Morning</b> <b>Glory Cafe</b> 10:00 Poker 12:00 Senior Lunch <b>Cheese &amp; Spinach Omelet</b> 1:00 Cribbage 1:15 Spring Chicken Fitness
<b>18</b> <b>PATRIOT'S DAY HOLIDAY</b>  <b>SENIOR CENTER CLOSED</b>	<b>19</b> 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Greek Chicken</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	<b>20</b> 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <b>Meatloaf &amp; Gravy</b> 1:00 Pitch Party	<b>21</b> 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:00 Book Discussion Group 10:30 Art Is 4 Every1 12:00 Senior Lunch <b>Turkey Stew</b> 1:00 Bridge 1:00 Gentle Chair Yoga	<b>22</b> 8-4:00 Billiards 8:30-10:30 <b>Morning</b> <b>Glory Cafe</b> 10:00 Poker 12:00 Senior Lunch <b>Breaded Fish Fillet</b> 1:00 Cribbage 1:15 Spring Chicken Fitness
<b>25</b> <b>SHINE by Appt. Only</b> 8-4:00 Billiards 12:00 Senior Lunch <b>Beef Stew</b> 1:00 <b>Silver Moon Gypsies</b> 	<b>26</b> 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Vegetable Cheese Bake</b> 1:00 Bingo 1:00 Bridge	<b>27</b> 8-4:00 Billiards 9:00 Tai Chi 11:00 <b>Volunteer Recognition Brunch by Reservation Only</b> 1:00 Pitch Party	<b>28</b> 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 Art Is 4 Every1 12:00 Senior Lunch <b>Salisbury Streak</b> 1:00 Bridge 1:00 Gentle Chair Yoga	 8-4:00 Billiards 8:30-10:30 <b>Morning</b> <b>Glory Cafe</b> 10:00 Poker 12:00 Senior Lunch <b>Macaroni &amp; Cheese</b> 1:00 Cribbage 1:15 Spring Chicken Fitness

### COMING IN MAY ...

- May 4 ... Legal Presentation
- May 9 ... Town Election (office open, vans run)
- May 11 ... Comedy Play w/Steve Henderson
- May 18 ... Rusty Guertin Concert/Ice Cream Social
- May 25 ... Adult Coloring

#### FRIENDS OF HCOA

#### I WOULD LIKE TO:

- ☐ Renew My Membership
- ☐ Become a New Member

Enclosed is my \$5.00 Donation  
Please Send My Membership Card To:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

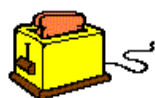
Telephone Number: \_\_\_\_\_

You can stop by the Senior Center to join or mail your membership to: Holden Senior Center, 1130 Main Street Holden, MA 01520.

### YOU'RE INVITED TO THE MORNING GLORY CAFÉ!

Come one ~ come all, to our Morning Glory Café here in the Senior Center.

The Café will be open from **8:30 a.m. until 10:30 a.m.** every Friday. There's no need for a reservation, just come by ~ bring some friends to sit and enjoy Coffee; Tea; Homemade Pastries; Toast; Raisin Toast; and English Muffins. There will be a small cost for the items you choose. If you have questions, please call 508-210-5570.



### FROM OUR FRIENDS AT THE FIRE DEPARTMENT...

Throughout the month of **April**, members of the fire department will be here at the Senior Center **every Wednesday** from **10:00 a.m.-12:00 p.m.** to provide information relative to fire safety and answer any questions you may have that fall under their purview. They will also have informational hand-outs as well as giveaways.

Later in the spring the Holden Professional Firefighters will sponsor a lunch for **HOLDEN ELDERS ONLY**. Following lunch there will be a presentation discussing topics from kitchen/cooking safety, home oxygen safety and general fire safety. There will be giveaways and demonstrations available before, during and after the presentation. The informational portion of these events is sponsored through a grant from the Massachusetts Department of Fire Safety. Watch this newsletter for a specific date and time for the luncheon and presentation.



*Distribution of this newsletter is made possible, in part, by a grant from the Massachusetts Executive Office of Elder Affairs and the Friends of HCOA*

Return Service Requested

Friends of the Holden COA  
Holden Senior Center  
1130 Main Street  
Holden, MA 01520

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